



To serve, protect
and promote
a healthy community
for all.

- Kent County Health Department COVID-19 Website: www.accesskent.com/health/coronavirus
- COVID-19 Health-Related Questions: Call 888-535-6136
- Community Resources Call: 2-1-1 or 1-800-1107 or text your zip code to 898211
- Questions for KCHD: covid@kentcountymi.gov
- Kent County COVID-19 Data Dashboard: www.accesskent.com/Health/covid-19-data.htm
- COVID-19 Testing Sites: www.accesskent.com/Health/covid-19-testing.htm
- Kent County Back to Work Website: <https://kentcountybacktowork.com/>
Safety guidelines, best practices, and resources for reopening Kent County businesses.

Where to
Find Kent
County
Resources

Stay Safe – Stay Healthy – Stay Connected

Even though we are hearing about the gradual re-opening of different sectors across the state, here in Kent County we are staying the course in relation to not having large gatherings and encouraging residents to take every preventative measure, to help slow the spread of COVID-19. We each play an important role in protecting ourselves, our family and our community.

We recognize that social distancing is not easy and how challenging that is after more than two months. As we approach the spring/summer months, people want to enjoy time outdoors. We want people to enjoy the outdoors, to practice social distancing and to be safe. Now is a great time to encourage and remind everyone (friends, family, neighbors) to **stay mindful. stay connected, be social, but make contact virtually.**

Staying Home and Staying Safe is isolating, even if there are people in your household. It is very important to stay in touch with friends and family that don't live with you. There are ways to do this and things that you may already be doing. Keep it up. It makes a difference to our health and well-being. Remember to:

- **Phone friends, family and church members frequently. Quick, frequent check-ins can be more helpful than less frequent, longer check-ins.**
- **Use text and create a group text for conversation, humor, and information sharing. You can jump in when you can. It is comforting to know that you always have others you can connect with.**
- **Use audio to send voice memos to family/friends. Sometimes it is better than writing a text.**
- **Try a “throwback” activity like writing letters or cards by hand. Getting some fun mail would brighten a friend or relative’s day.**
- **Take advantage of technology to see family and friends. Use FaceTime, Zoom, Skype, etc.**
 - Schedule regular check-ins. Set a regular time and schedule a family/friends call.
 - Try organizing a regular coffee date or share a meal through a video call.
 - Do crossword puzzles, play a game, or scrabble together, virtually.
 - Look for free physical activity workouts online such as on YouTube you can do with friends.